IMPROVING THE EFFECTIVENESS OF PERIODONTITIS TREATMENT

Khaidar Pozilovich Kamilov
Professor, Doctor of Medical Sciences, Head of the
Department of Hospital Therapeutic Dentistry
Aliya Arstanovna Kadyrbaeva
Doctor of Medical Sciences, Associate Professor at the
Department of Hospital Therapeutic Dentistry
Shakhnoza Alisherovna Ibodullaeva
Doctoral candidate at the Department Hospital Therapeutic Dentistry
Tashkent State Medical University Republic of Uzbekistan, Tashkent
Ibodullaevasahnoza65@gmail.com

Abstract. Periodontitis remains one of the most common dental pathologies leading to the destruction of periodontal tissues and tooth loss. Epidemiological studies indicate that the prevalence of periodontal diseases among the adult population reaches 70–90%. The limited efficacy of conventional therapy and high recurrence rates necessitate the improvement of treatment approaches.

Keywords: periodontitis, comprehensive treatment, inflammation, tissue regeneration, periodontal indices.

Study objective. To enhance the efficacy of treating chronic generalized periodontitis through the comprehensive application of modern pharmacological and physiotherapeutic methods.

Research objectives

1. To assess the clinical condition of periodontal tissues prior to treatment.
2. To develop a comprehensive treatment regimen using antiseptic and anti-inflammatory agents.
3. To analyze the changes in clinical parameters following treatment.

Materials and methods. The study involved 60 patients diagnosed with moderate chronic generalized periodontitis. All patients underwent professional oral hygiene, mechanical debridement of periodontal pockets, antiseptic therapy (0.05% chlorhexidine solution), application of anti-inflammatory agents, and local use of tissue regeneration-stimulating agents. Treatment efficacy was assessed using the PMA index, a bleeding index, and periodontal pocket depth measurements.

Results. Following treatment, a statistically significant reduction in the PMA index (by an average of 45%) was observed, along with decreased gingival bleeding and a reduction in periodontal pocket depth by 1.2 ± 0.3 mm. Patients reported reduced pain and an improvement in their overall oral health status. The comprehensive approach facilitated stabilization of the inflammatory process and improved periodontal tissue microcirculation.

Conclusions. The use of comprehensive therapy—incorporating professional hygiene, antiseptic agents, and regenerative medications—enhances the effectiveness of treating chronic periodontitis. The findings confirm the value of employing an integrated approach in clinical practice.

References

1. Дмитриева Л.А., Кисельникова Л.П. Терапевтическая стоматология: учебник. — М.: ГЭОТАР-Медиа, 2020. — 912 с.
2. Янушевич О.О., Дмитриева Л.А., Кулаков А.А. Пародонтология. — М.: ГЭОТАР-Медиа, 2018. — 336 с.

© 2026 London International Monthly Conference on Multidisciplinary Research and Innovation. All Rights Reserved.

3. Цепов Л.М., Николаев А.И. Заболевания пародонта: руководство для врачей. — М.: МЕДпресс-информ, 2019. — 256 с.
4. Slots J. Periodontitis: facts, fallacies and the future // Periodontology 2000. — 2017. — Vol. 75(1). — P. 7–23.
5. Tonetti M.S., Greenwell H., Kornman K.S. Staging and grading of periodontitis // Journal of Periodontology. — 2018. — Vol. 89(Suppl 1). — P. S159–S172.

© 2026 London International Monthly Conference on Multidisciplinary Research and Innovation. All Rights Reserved.